BY CYRUS EDSON, M. D.,

Health Commissioner, New York City. It is necessary, if one would under- of events. stand the sanitary aspects of bread making, to fully comprehend the pres- germs of disease are to be found in the ent theory held by scientists of germs | air and dast. The longer any suband the part played by them in disease. stance to be eaten is exposed to the air, the name given to the knowledge had be deposited on it. Bread raised with proper method of using the powder of those germs by medical men, a knowledge which is the result of innumerate before being baked and this process term of a "theory" has become a misten. It has, then, the chance of colnomer. A germ of a disease is a plant, lecting disease germs during this proso small that I do not know how to ex-press intelligibly to the general reader of working down or kneading during its lack of size. When this germ is in-troduced into the blood or tissues of containing the germs from the baker's ter being added, the dough is made up the body, its action appears to be an- hands. As no bread save that raised as quickly as possible and moulded alogous to that which takes place when with yeast, goes through this long into the loaves. yeast is added to .dough. It attacks process of raising and kneading so no and destroys them, at the same time so good a chance of gathering germs.

What is meant by "raising" bread

bread his been eaten and with it the colonies of germs, that they have found their way into the blood and that the call for our services which followed, has rounded off this sequence

I have already pointed out that the The theory of disease germs is merely the greater the chance that germs will ble experiments. Being this, the old may take anywhere from four hours to certain elements of the blood or tissues, | bread save that raised with yeast has

"DISEASE GERMS FOUND THEIR WAY INTO THE YEAST BREAD."

the germ diseases, that is, of the infec- tion of the yeast into the moist dough tions and contagious diseases, will de- and the addition of heat when the pan velop or increase in number without is placed near the fire produces an being in the body of a human being, enormous growth of the yeast fungiprovided always you give them the the yeast "germ," in other words. proper conditions. These conditions These fungi effect a destructive ferare to be found in dough which is be- mentation of a portion of the starchy ing raised with yeast. They are matter of the flour—one of the most warmth, moisture and the organic valuable nutrient elements in the flour. matter of the flour on which the germs, The fermentation produces carbonic after certain changes, feed.

warmth and moisture sets up a fer- called "raising the bread." mentation. If the mixture be a starchy | It needs but a glance to see that it dough the yeast first changes a portion is, in its effects on the dough, purely of the starch into glucose and then de- mechanical. The dough, which was composes the glucose by changing it before a close-grained mass, is now into two new substances, viz., carbonic full of little holes, and when cooked acid gas and alcohol.

fever, would, if introduced into dough, of the nutrient elements of the loaf. find very favorable conditions for their If it be possible, therefore, to produce

typhus and of cholera reaching the period during which the raising prostomachs of the people who eat bread cess goes on, the gain in food and the which has been raised with yeast. But gain in the avoidance of the germs is I have not the slightest cause to doubt exceedingly plain.

liable to cutaneous diseases than any one which will give us, first, mechanical other men, and I know, as every house- results equally as good, that is, that wife knows, yeast-raised bread must be will produce minute bubbles of ceedingly objectionable thing from the of dough. Now it is in no way diffistandpoint of a physician for the cult to produce carbonic acid gas reason that the germs of disease which | chemically, but when we are working are in the air and dust and on stair- at bread we must use such chemicals ways and straps in street cars, are as are perfectly healthful. Fortunately most often collected on the hands, these are not hard to find. Any person who has ever kneaded The evils which attend the yeastmeans that any germs which may have baking powder in lieu of yeast. Bakthe baker before he makes up his and an alkali which, if properly combatch of bread are sure to find their bined, should when they unite at once way into the dough, and once there, to destroy themselves and produce carfind all the conditions necessary for bonic acid gas. A good baking powsubdivision and growth. This is der does its work while the loaf is in equivalent to saying that we must rely the oven, and having done it, disapon heat to kill these germs, because it | pears.

But the germs of the greater part of | is worth a few words. The introducacid gas, and this, having its origin in It is necessary to remember at this every little particle of the starch point that yeast is germ growth, and which is itself everywhere in the flour, when introduced into a mixture of glu | pushes aside the particles of the dough cose or starch, in the presence of to give itself room. This is what is

in this condition is what we ordinarily Now the glutten, which is also a con-stituent of dough and moist starch, bread enables the stomach to rapidly affords, with the latter, an excellent and easily digest it, for the gastric nidus for the development of germs of juices quickly soak into and attack it disease as well as for the yeast germs. from all sides. The fermentation of The germs of cholera, as of typhoid the dough, however, uses up a portion a light porous loaf without this de-I do not wish to "pose" as an alarm struction and without the "kneading" ist, nor am I willing to say there is process, which fills the dough with very much chance of the germs of germs and filth, and without the long

that other diseases have been and will But while we can easily see the be carried about in the bread.

But while we can easily see the dangers which attend the use of yeast! I have met journeymen bakers, suf- it is certain that the vesiculating effect. fering from cutaneous diseases, work- produced by it on the dough is to the ing the dough in the bread trough last degree perfect. It is apparent with naked hands and arms. I have that if we are to substitute any other no reason to suppose bakers are less system of bread making we must have worked a long time. This is an ex- carbonic acid gas throughout the mass

dough understands the way in which made bread are obviated by the use of the dough cleans the hands. This a properly made, pure and wholesome found a lodging place on the hands of ing powders are composed of an acid



BREAD WITHOUT YEAST-"THE MOST PERFECT OF ALL CONCERVABLE WAYS OF RAIS-ING BE

is almost certain that they will be | But care is imperative in selecting there. Now, underdone or doughy the brand of baking powder to be cerbread is a form which every man and tain that it is composed of non-injuri-

underdone bread is unhealthful. This from impure ingradients, or those reputation has been earned for it by | which are not combined in proper prothe experience of countless general portion or carefully mixed and which tions, and no careful mother will wish | will lave either an acidor an alkali in her children to eat bread that has not the bread, must not be used. been thoroughly cooked. The reason | It is well to sound a note of warning given for this recognized unhealthful- in this direction or the change from ness has been that the unmocked yeast the objectionable yeast to an impure dough is very difficult to digest. No baking powder will be a case of jumpone but a physician would be apt to ing from the frying pan into the fire. think of disease germs which have not | The best baking powder made is, as been killed during the process of bak- shown by analysis, the "Royal." ing as a cause of the sickness following | contains absolutely nothing but cream the use of uncooked yeast bread. Yet of tariar and soda, refined to a chemthis result from this cause is more than | ical purity, which when combined unprobable. I have not the slightest der the indusace of heat and moisture doubt that could we trace back some produce carbonic acid gas, and having of the cases of illness which we meet done this, disappear. Its leavening

ons chemicals. Powders containing It is a belief as old as the hills that alam or those which are compounded

in our practice we would find that strength has been found superior to germs collected by the baker have other baking powders, and as far as I found their way into the yeast bread, know, it is the only powder which will march on the desert longer than three that the heat has not been sufficient to raise large bread perfectly. Its use days without drinking.

avoids the long period during which the yeast made dough must stand in order that the starch may ferment and there is also no kneading necessary.

The two materials used in the Royal, cream of tartar and soda, are perfectly harmless, even when eaten. But they are combined in exact compensating weights, so that when chemical action begins between them they practically disappear, the substance of both having been taken up to form the carbonic acid gas. More than this, the ie acid gas. insures the most thorough mixing with the flour. The proper quantity being taken, it is mixed with the flour and stirred around in it. The mixture is then sifted several times and this insures that in every part of the flour there shall be a few particles of

These are placed in the oven and baked. But the very moment the warmth and moisture attack the mixture of cream of tartar and soda, these two ingradients chemically combine and carbonic acid or leavening gas is evolved. The consequence may be seen at a glance, the bread is raised during the time it is baking in the oven, and this is the most perfect of all conceivable methods of raising it.

Here, then, there is no chance for germs of disease to get into the dough and thence into the stomach, more than that the bread is necessarily as sweet as possible, there having been no time during which it could sour. This involves the fact that the bread so made will keep longer, as it is less likely to be contaminated by the germs that affect the souring process.

It will be strange if the crowds of visitors to the World's Fair do not greatly increase the number of contagious diseases, which we will have to treat. Under these circumstances is it not folly of follies to open a single channel through which these germs may reach us? Is it not the part of wisdom to watch with the greatest care all that we eat and drink, and to see that none but the safest and best methods are employed in the preparation of our food? To me it seems as though there could be but one answer to questions like these.

I have shown the danger of using the yeast raised bread, and with this I have shown how that danger may be avoided. The cance of prevention which in this case is neither difficult nor expensive is certainly worth many pounds of cure, and the best thing about it is that it may be relied on almost absolutely. Those who eat bread or biscuits or rolls made at home with Royal baking powler may be sure they have absolutely stopped one channel through which disease may reach

Note.—Housekeepers desiring informa-tion in regard to the preparation of the bre d which, for sanitary reasons, Dr. Elson so strongly urges for general use, should write to the Royal Baking Powder Company, New

HOUSEHOLD AFFAIRS.

TO ICE FRUIT.

To ice any fruit, dip first in the beaten white of an egg, then in pulverized sugar. Do this until theiring is sufficiently thick. Peaches should be pared and cut in halves, and sweet, juicy pears are treated in the same Cherries, strawberries and other small fruits are iced with the stems on, only the largest being chosen. Pineapples should be cut into thin slices, and these again divided into quarters. d lemons should be and all the white skin removed, lemons cut into horizontal slices, the oranges divided into quarters. - New

HOW TO WASH DISHES.

Do you know how to wash dishes? Not merely so that you get them off the kitchen table into the china closet, but so that the despised and dreaded task becomes almost a pleasure. This is the way to accomplish that result.

As soon as the cooking is done, fill all the cooking utensils with water and leave them to soak. When the meal is ended scrape all the plates clean-not with a knife, for that scratches and nicks-but with a soft piece of leftover bread. Put the plates in one pile, the saucers in another, the cups, emptied of their drainings, together, and the glass and silver together.

Have a bowl of water cool enough to allow your hand to remain in it a few minutes without scalding, but hot, and wash the glasses with soap in that. Dry them as fast as they are washed. If you let them stand upon a tray the air dries them, and does it in streaks where the water is trickling down. Have a soft, clean, lintless cloth for this purpose.

Then wash the silver; the water should be very hot for this. If there are any crevices, clean them with a brush kept for the purpose. Dry on a clean towel and polish with silver

powder. Next wash your cups and saucersone at a time. Use a mop with a handle, and don't, in this day and generation, be without one of those wire kitchen conveniences known as a soapshaker. Wipe each cup and saucer before putting it out of your hand, or it will dry partially and streakily, and be rough to the touch. After the cups and saucers, wash the plates in the same way. Then clean the tins, and then the pots and pans.

To clean knives, rub with a soft flannel dipped in powdered bathbrick, or in wood ashes. Neverlet the ivory handles be dipped in hot water. Tins may be kept in a state of dazzling brightnesss by being rubbed

with sifted wood ashes or with whiten-Copper utensils should be scoured

with brick dust and flannel. The dish cloths and mops should be washed, scalded and dried after each using. The towels should never be thrown aside in a damp lump, but should be hung to dry, and then dropped into the kitchen hamper

against washing day. The dishpan should be thoroughly washed with soap and water, scoured and rinsed with scalding water, dried and hung on its own hook. Then the sink should be scoured andrinsed with scalding water, in which common soda has been dissolved. - New York World

In the hot months, camels cannot

"FIRESIDE MUSING."

Dr. Talmage Conjures Up a Reminiscent Past.

Vagaries of Life Histories.

Text: "While I was musing the firmurned."-Psaim xxxix., 3.

Text: "While I was musing the fire burned."—Psalm xxxix., 3.

Here is David, the psalmist, with the fore finger of his right hand against his template the door shut against the world, engaged it contemplation. And it would be well for ut to take the same posture often, closing the door against the world while we sit down in sweet solitude to contemplate.

In a small island off the coast I once passed a Sabbath in delightful solitude, for I had resolved that I would have one day of entire quiet before I entered upon autumnal work. I thought to have spent the day in laying out plans for Christian work, but instead of that it became a day of tender reminiscence. I reviewed my pastorate. I shook hands with an old departed friend, whom I shall greet again when the curtains of life are lifted. The days of my boyhood came back, and I was 10 years of age, and I was 8, and I was 5. There was but one house on the island, and yet from Sabbath daybreak, when the bird chant woke me, until the evening melted into the bay, from shore to shore there were 10,000 memories, and the groves were a-hum with voices that had long ago ceased.

Youth is apt too much to spend all its time in looking forward. Old age is apt too much to spend all its time in looking backward. People in midlife and on the apex look both ways. It would be well for us, I think, however, to spend more time in reminiscence. By the constitution of our nature we spend most of the time looking forward. And the vast majority of people live not so much in the present as in the future. I find that you mean to make a reputation. You mean to establish yourself, and the advantages that you expect to achieve absorb a great deal of your time. But I see no harm in this if it does not make you discontended with the present or disquality you for existing duties. It is a useful thing sometimes to look back and to see the dangers we have escaped, and to see the sorrows we have suffered, and the trials and wanderings of our earthy pil-grimage, and to sum up our enjoyments. I me grimage, and to sum up our enjoyments. I mean to-day, so far as God may help me, to stir up your memory of the past, so that in the review you may be encouraged and humbled and urged to pray.

There is a chapel in Forence with a fresco by Guido. It was covered up with two

by Guido. It was covered up with two inches of stucco until our American and European artists went there and after long toil removed the covering and retraced the fresco. And I am aware that the memory of the past, with many of you, is all covered up with 10,000 obliterations, and I propose this morning, so far as the Lord may help me, to take away the covering, that the old picture may shipe out again. may shine out again.

I want to bind in one sheaf all your past

advantages, and I want to bin I in another sheaf all your past adversities. It is a prec-ious harvest, and I must be cautious how I

Among the greatest advantages of your

swing the seythe.

Among the greatest advantages of your past life was an early home and its surroundings. The bad men of the day, for the most part, dip their heated passions out of the boiling spring of an unhappy home. We are not surprised that Byron's heart was a concentration of sin when we hear that his mother was abandoned and that she made sport of his infirmity and often called him "the lame brat." He who has vicious parents has to fight every inch of his way if he would maintain his integrity and at last reach the home of the good in heaven.

Perhaps your early home was in the city. It may have been in the days when Canal street, New York, was far up town. That old house in the city may have been demolished or changed into stores, and it seemed like sacrilege to you, for there was more meaning in that plain house, in that small house, than there is in a granite mansion or a turreted cathedral. Looking back this morning, you see it as though it were yesterday—the sitting room, where the loved ones sat by the plain lamplight, the mother at the evening stand, the brothers and sisters, perhaps long ago gathered into the skies, then plotting mischlef on the floor or underthe table; your ago gathered into the skies, then plotting mischief on the floor or under the table; your father with a firm voice commanding silence,

that lasted half a minute. Oh, those were good days! If you had your foot hurt, your mother always had a soothing salve to heal it. If you were wronged in the street, your father was always ready to protect you. The year was always ready to protect you. ready to protect you. The year was one round of frolie and mirth. Your greatest trouble was an April shower, more sunshine than shower. The heart had not been ran-sacked by troubles, nor had sickness broken it, and no lamb had a warmer sheepfold than the home in which your childhood

Perhaps you were brought up in the coun Perhaps you were brought up in the country. You stand now to-day in memory under the old tree. You clubbed it for fruit that was not quite ripe because you could not wait any longer. You hear the brook rumbling along over the pebbles. You step again into the furrow where your father in his shirt sleeves shouted to the lazy oxen. You frighten the swallows from the rafters of the barn and take just one egg and silence your conscience by saying they will not miss it. barn and take just one egg and silence your conscience by saying they will not miss it. You take a drink again out of the very bucket that the old well fetched up. You go for the cows at night and find them wazging their heads through the bars. Ofttimes in the dusty and busy streets you wish you were home again on that cool grass or in the half of the farmhouse, through which there was the breath of new mown hay or the blossom of luckwheat.

of buckwheat.

You may have in your win lows now beautiful plants and flowers trought from across the seas, but not one of them stirs in your soul so much charm and memory as the old ivy and the yellow sunflower that stood sentinel along the garden walk and the forgetmenots playing hide and seek mid the long grass. The father, who used to come in sunburned from the fields and sit down on the doorsill and wipe the sweat from his brow, may have gone to his everlasting rest. mother who used to sit at the door a The mother who used to sit at the door a little bent over, cap and spectacles on, her face mellowing with the vicissitudes of many years, may have put down her gray head on the pillow in the valley, but forget that home

Have you thanked God for it? Have you rehearsed all these blessed reminiscences? Oh, thank God for a Christian father. Thank God for a Christian mother. Thank God for an early Christian altar at which you were taught to kneel. Thank God for an early Christian home.

Christian home.

I bring to mind another passage in the history of your life. The day came when you set up your own houshold. The days passed along in quiet blessedness. Your twain sat at the table morning and night and talked over your relay for the turns. The most significant your plans for the future. The most signifi-cant affair in your life became the subject of mutual consultation and advisement. You were so happy you felt you never could be

One day a dark cloud hovered over your dwelling, and it got darker and darker. Bul out of that cloud the shining messenger of God descended to incarnate an immor-spirit. Two little feet started on an eternal spirat. I wo little leet started on an extendi-journey, and you were to lead them. A gen to flash in heaven's ecronet, and you to noish it. Eternal ages of light and dark ness watching the starting out or a newly

created being. You rejoiced and you trembled at the refor rejoiced and you from the at the responsibility that in your possession an immortal treasure was placed. You prayed and rejoiced, and wept and wondered, and prayed and rejoiced, and wept and wondered. You were earnest in supplication that you might lead it through life into the kingdom of God. There was a treasure in your carriestness. There was a tremor in your earnestness. There was a double interest about that home. There was an additional interest why you should stay there and be faithful, and when in a fewenouths your house was filled with the music of the child's laughter you were struck through with the fact that you had ?

upendous mission.

Have you kept that yow? Have you ne-Have you kept that yow? Have you he gleeted any of these duties? Is your home as much to you as it used to be? Have those anticipations been gratified? God help you to-day in your solemn reminiscence and let His mercy fall upon your soul if your kindness has been ill requited! God have mercy on the parent on the wrinkles of whose face ness has been ill requited! God nave mercy on the parent on the wrinkles of whose face is written the story of a child's sin! God have mercy on the mother who in addition to her own pangs has the pang of a child's iniquity! Oh, there are many, many sad sounds in this sad world, but the saddese count that is even heart is the breaking of a

You could one day you were in the wrong road; you could not sleep at night. There was just one word that seemed to sob through your banking house, or through your off is, your banking house, or through your offile, or your shop, or your be troom, and that word was "sternity." You said: "I am not ready for it. O God, have mercy!" The Lord heard. Peace came to your heart. You remember how your hand trembled as you took the cup of the holy communion. You emember the old minister who consecrated it and you many how the characteristics. **emember the old minister who consecrated it, and you remember the church officials who earried it through the aisle. You remember the old people who at the close of the service took your hand in theirs in congratulating sympathy, as much as to say, "Welcome home, you lost prodigal," and though those hands have all withered away that converged to Sabbath is resurrented to hat communion Sabbath is resurrected toand songs and tears and sermons and transfiguration. Have you kept those vows? Have you been a buckslider? God help you! This day kneel at the foot of mersy and start again for heaven. Start to-day as you started then, I rouse your soul by that

reminiscence.

But I must not spend any more of my time
in going over the advantages of your life. I
just put them all in one great sheaf, and I
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just put bind them up in your memory with one loud harvest song, such as reapers sing. Praise the Lord, ye blood bought mortals on earth! Praise the Lord, ye crowned spirits of heav-

But some of you have not always had a smooth life. Some of you are now in the shadow. Others had their troubles years ago; you are a mere wreck of what you once were. I must gather up the sorrows of your past life, but how shall I do it? You say that is impossible, as you have had so many troubles

impossible, as you have had so many troubles and adversities. Then I will just take two, the first trouble and the last trouble.

And when you are walking along the street and there has been music in the distance you unconsciously find yourselves keeping step to the music, so when you started life your very life was a musical timebeat. The air was full of joy and hilarity. With the bright, clear oar, you made the boat skip. You went on, and life grew brighter, until after awhile suddenly a voice from heaven said, "Hait!" And you naited. You grew pale. You confronted your first sorrow. You had no idea that the flush on your child's check was an unhealthy flush. You said it cannot be anything serious. Death in slippered feet walked round about the cradle. You did not hear the tread, but hiter awhile the truth flashed on you. You walked the floor, Oh, it you could, with your strong, stout hand, have wrenched the child from the destroyer!

your strong, stout hand, have wrenshed the child from the destroyer!
You went to your room, and you said: "God, save my child!" God, save my child!" The world seemed going out in darkness, You said, "I cannot bear it, I cannot bear it!" You felt as if you could not put the lashes over the bright eyes never to see them again sparkle. Oh, if you could have taken that little one in your arms and with it leaped into the grave, how gladly you would have done it! Oh, if you could let your property go, your houses, your land and your storehouse go, how gladly you would have allowed them to depart if you could only have kept that ons treasure!

But one day there arose from the heavens a chill blast that swept over the bedroom, and instantly all the light went out, and there was darkness—thick, murky, impenetrable, shuddering darkness. But God did not leave you there. Mercy spoke. As you

mot leave you there. Merey spoke. As you were about to put that cup to your lips God said, "Let it pass," and forthwith as by the hant of angels, another cup was put into your hands. It was the cup of God's consohani of angels, another cup was put into your hends. It was the cup of God's consolation. And as you have sometimes lifted the head of a wounded soldier and poured wine into his lips, so God puts His left arm under your head, and with His right band He pours into your lips the wine of His comfort and His consolation, and you looked at the empty cradle and looked at your broken heart, and you looked at the Lord's chastisement, and you sold, "Even so. Father, for so it seemeth good in Thy sight."

Ah, it is your first trouble. How did you get over it? God comforted you. You have been a better woman ever since. You have been a better woman ever since. In the jar of the closing gate of the sepulcher you heard the clanging of the opening gate of heaven and you felt an irresistable drawing heavenward. You have been purer and holier of heart ever since that night when the little one for the last time put its arms around your neck and

since that night when the little one for the last time put its arms around your neck and said: "Good night, papa. Good night, mamma. Meet me in heaven."

But I must come on down to your later sorrow. What was it? Perhaps it was sickness. The child's tread on the stair or the tick of the watch on the stand disturbs you. Through the long, weary days you counted the figures on the carpet or the flowers in the wall paper. Oh, the wratness and exhaustion! Oh, the burning pangs! Would God it were moraing, would God it were night, were your frequent cry. But you are better—perhaps even well. Have you thanked God that to-day you can come out in the fresh God that to-day you can come out in the fresh air: that you are name, and to sing God's praiss, and to im-plore God's help, and to ask God's forgive-ness? Biess the Lord who healeth all our diseases and redeemeth our lives from de-

Perhaps your last sorrow was a financial Perhaps your last sorrow was a mancial embarrassment. I congratulate some of you on your lucrative profession or oscupation, on ornate apparel, on a commodious residence—everything you put your hand to seems to turn to gold. But there are others of you who are like the ship on which Paul sailed where two seas met, and you are broken by the violence of the waves. By an unadvised indorsement, or by a conjunction of unforeseen events, or by fire or storm, or a sensuless name, you have been flung headsenseless panie, you have been flung head-long, and where you once dispensed great charities now you have hard work to make

Have you forgotten to thank God for your days of prosperity, and that through your trials some of you have made investments

which will continue after the last bank o which will conticue after the last bank of this world has exploded and the silver and gold are molten in fires of a burning world! Have you, amid all your losses and discour-agements, forgot that there was bread or your table this morning and that there shall be a shelter for your head from the storm, and there is air for your lungs and blood for your heart and light for your eye and a glad and glorious and triumphant religion for your soul?

Your soul?

Perhaps your last trouble was a bereavement. That heart which in childhood was your refuge, the parental heart, and which has been a source of the quickest sympathy ever since, has suddenly become silent for ever. And now sometimes whenever in sudden ayangang and without deliberation you den annoyance and without deliberation you say, "I will go and tell mother," the thought flashes on you, "I have no mother." Or the father, with voice less tender, but at heart as earnest and loving-watchful of all you

Or there was your companion in life, sharer of your joys and sorrows, taken, leav-ing the heart an old ruin, where the ill winds blow over a wide willerness of desolution the sands of the desert driving across the place which once bloomed like the garden o Gol. And Abraham mourns for Sarah at the cave of Machpelah. Going along your path in life, suddenly, right before you was

People looked down, and they saw it was only a few feel deep and a few feet wide, but to you it was a chasm down which went all

your hopes and all your expectations.

But cheer up in the name of the Lord Jesus Christ, the comforter. He is not going to forsake you. Did the Lord take that child out of your arms? Why, He is going to shelter it better than you could. He is going to array it is a white role and give it a palm. to array it in a white robe and give it a palm branch and have it all ready to greet you at your coming home. Blessed the broken heart that Jesus heals. Blessed the im-portunate cry that Jesus compassionates, Blessed the weeping eye from which the soft head of Lesus wines away the tear.

hand of Jesus wipes away the tear.

Some years ago I was sailing down the St.
John river, which is the Rhine and the Hudson commingled in one scene of beauty and
grandeur, and while I was on the deck of the steamer a gentleman pointed out to me the places of interest, and he said, "All this is interval land, and it is the richest land in all the provinces of New Brunswick and Nova Scotia."

"What," said I. "do you mean by interval land?" "Well," be said, "this land is sub-merged for a part of the year. Spring freshets come down, and all these plains are have mercy on the mother who in addition to her own pangs has the pang of a child's iniquity! Oh, there are many, many sad sounds in this sad world, but the saddess sound that is ever heard is the breaking of a mother's heart! Are there any here who remember that in that home they were unfaithful? Are there those who wandered off from that early home and left the mother to die with a broken heart? Oh, I stir that reminiscence to-day!

I find another point in your life history.

righteousness, and the largest harvest for time, and the richest for eternity." Bess God that your soul is interval land.
But these reminiscences reach only to this morning. There is only one more point of tremendous reminiscences, and that is the last hour of life, when we have to look over all our past existence. What a moment that will be! I place Napoleon's dying reminiscence on St. Helena beside Mrs. Judson's dying reminiscence in the harbor of St. Helena—the same island—20 years after. Napoleon's dying reminiscence was one of delirium as he exclaimed, "Head of the army!" Mrs. Judson's dying reminiscence as she came home from her missionary toil and healtife of self sacrifice for God, dying in the cabin of the ship in the harbor of St. Helena, was, "I always did love the Lord Jesus Christ." And, then, the historian says, she fell into a sound sleep for an hour and woke amid the songs of angels.

I place the dying reminiscence of Augustus Caesar against the dying reminiscence of the Augustus Parel.

I place the dying reminiscence of Augustus Cæsur against the dying reminiscence of the Apostle Paul. The dying reminiscence of the Apostle Paul. The dying reminiscence of Augustus Cæsur was, äddreasing his attendants, "Have I played my part well on the stage of life?" and they answered in the attendants, each be said: "Why, then, don't you applaud me?" The dying reminiscence of Paul the Apostle was: "I have fourth a good fight. I have finished my course, I have kept the faith. Henceforth there is inid up for me a crown of righteousness, which the Lord, the righteous Judge, will give me in that day, and not to me only, but to all them

Lord, the righteous Judge, will give me in that day, and not to me only, but to all them that love His appearing."

Augustus Casar died amid pomp and great surroundings. Paul uttered his dying reminiscence looking up through the roof of a dungeon. God grant that our dying pillow may be the closing of a useful life rad the opening of a dorsions atomity. the opening of a glorious eternity.

VIRGINIA ITEMS.

The Latest News Gleaned From Various Tarts of the Etate.

S. W. LOMAX, cashler of the First National Bank of Vernon, Tex., who committed suicide recently, was a relative of Judge L. L. Lewis, of the Virginia Court of Appeals, and of several well-known (ulpaper families. He was a man of fine business ability and extremely popular. He was suffering from aberration of mind, caused by the collapse of the institution, in which he was deeply interested.

Mr. Geo. Oliver, a highly respected citizen of Piedmont, died suldenly of heart trouble at Cumberland. He was a bollermaker by trade, came from Martinsburg fourteen years ago, was a member of the Methodist Episcopal Church of Piedmont and Martinsburg Lodge of Old-Fellows.

Ir is reported that the Hon. Basil B. Gordon will be a canoidate for the seat in Congress now filled by Col. O'Ferrall, should the latter receive the guberuntorial nomination. A movement is in progress to secure a reunion of the survivors of the regiments composing the old Stonewall Brigade at the fair to be held at Staunton, October 3.

The workmen employed on Jamestown Island have recently made some very interesting discoveries on that portion of the Island fronting the river and near the church, and on which was built the principal portion of the town. The discoveries consisted of several subterranean passages leading for quite a distance across the island, and are nicely bricked and yet in a good state of preservation. These long and narrow bricked passage ways were, it is sup-; osed, used as a means of escape from the Indians and will be preserved as interesting relies of the early settlement.

A gentleman in Philadelphia, who owns a farm of nearly 2 0 acres in Hanover county, within fourteen miles of Richmond, and within three miles of a railroad station, is said to be planning a fruit colony for vegetarias.

Dr. R. R. Frey, a prominent physician of Terra Alta, fell from a train at Skipnish Junction and was badly squeezed between the ears and the platform Dr. Frey formerly resided at Washington. He will recover.

Mr. Robert S. Quaries, for twenty-three years county clerk of Bedford, d.e.l at his residence in that place last week.

SHOT DOWN THE AVENGERS.

Two Murd rers Add Four More Victims to Their List and Escape.

There was a battle to death between white caps and murderers in Boone Township in the southern part of Harrison County, Ind. Your white caps were killed and several wounded, one of whom received bullets in both eyes. A few weeks ago Samuel and William Coorad quarreled with their old father and killed him. They were at once arrested. The neighbors were very much wrought up over the horrible crime and the excitement was doubly increased when the murderers were released on bond.

Over 100 citizens proceeded to the home of the Conrads with the avowed intention of hanging the two murderous brothers. Wil iam Conrad received word of the intentions of the mob and he and his brother armed themselves with shotguns and pistols They proceeded to a cornfield about ball

a mile from their home, where the lynchers must nec ssarily pass, and lay in wait for them. The moon was hid by clouds and as the mob passed by the cornfield the brothers opened fire, first with shotgons and then with pistols. The avengers were taken by sur; rise and they fled in all directions before the deadly fusillade. The leaders of the mob checked the panic

and started back down the road to the cornfield, firing all the while. When opposite the spot where the firing commenced they ways, exultant over your saccess without saying much, although the old people do talk it over by themselves—is taken away Howe, Edmond Houston, John Timberlake and John Esinger. William May was found in a fence corner with both eyes shot out, Maddene I by the sight, the mob began firing into the cornfield. Lut the shots were not enswered, the murderers having escaped after putting the mob to night.

> COUNT CRISPS, ex-premier of Italy, is again ill. For several weeks he has been a patient in his lovely villa, Lina, near Naples. The countess and the statesman's daughter are his devoted attendants. He has been obliged to give up all attention to politics for the

RICH RED BLOOD " For feeling of dead-



tion of the b'ood, Hood's Sarsapar lia has no rival. My blood was in very poor condition. Since taking Hood's Sarsapar Ha I have good r cb, red blood and do not bloat as I used to Hood's Sarsa-parilla has proved its merit to me as it wil to all who take it fair-

ness of the limbs, consti-

pation and poor circula

MRS. M. F. Tons, Niantie, Ct HOOD'S SARSAPARILLA CURES.

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We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & Co., Props., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligation made by their firm.

West & Taulax, Wholesale Druggists, Toledo, Ohio.

Ohio. Kinnas & Marvin, Wholesale Druggists, Toledo, Ohio. Ha'l's Catarrh Curo is taken internally, act-ing directly upon the blood and mucous sur-laces of the system. Price, 75c, per bottle. Sold by all Druggists. Testimonials free.

When gossip beats the drum of the ear the

We Care Rupture. No matter of how long standing. Write for free treatise, testimonials, etc., to S. J. Hollensworth & Co., Owego, Tioga Co., N. Y. Price \$1; by mail, \$1.15. No sympathy is felt for the man who is a

Brown's Iron Bitters cures Dyspepsia, Malaria, Biliousness and General Debility. Gives strength, aids Directon, tone the nerves—reates appetite. The best tonic for Nursing Mothers, weak women and children.

Some men pray without thinking and some think without praying. A wonderful stomach corrector—Beecham's Pills. Beecham's—no others. 25 cents a box.

When young hearts break they knit again Malaria cured and cradicated from the sys-tem by Brown's Iron Bitters, which car ches the blood, tones the nerves, aids digest on. Acts like a charm on persons in general in health, giving new energy and strength.

A flower grows wherever a kind word is



KNOWLEDGE

Brings comfort and improvement and Brings comfort and improvement and tends to personal enjoyment when rightly used. The many, who live better than others and enjoy life more, with less expenditure, by more promptly adapting the world's best products to the needs of physical being, will attest the value to health of the pure liquid laxative principles embraced in the remedy. Syrup of Figs. remedy, Syrup of Figs.

Its excellence is due to its presenting in the form most acceptable and pleasant to the taste, the refreshing and truly beneficial properties of a perfect lax-ative; effectually cleaning the system, dispelling colds, headaches and fevers and permanently curing constipation. It has given satisfaction to millions and met with the approval of the medical profession, because it acts on the Kidneys, Liver and Bowels without weakening them and it is perfectly free from

every objectionable substance. Syrup of Figs is for sale by all druggists in 50c and \$1 bottles, but it is manufactured by the California Fig Syrup Co. only, whose name is printed on every package, also the name, Syrup of Figs, and being well informed, you will not accept any substitute if offered.

"August, Flower"

I had been troubled five months with Dyspepsia. I had a fullness after eating, and a heavy load in the pit of my stomach. Sometimes a deathly sickness would overtake me, I was working for Thomas McHenry, Druggist, Allegheny City, Pa., in whose employ I had been for seven years. I used August Flower for two weeks. I was relieved of all trouble. I can now cat things I dared not touch before. I have gained twenty pounds since my recovery. J. D. Cox, Allegheny, Pa. @



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